

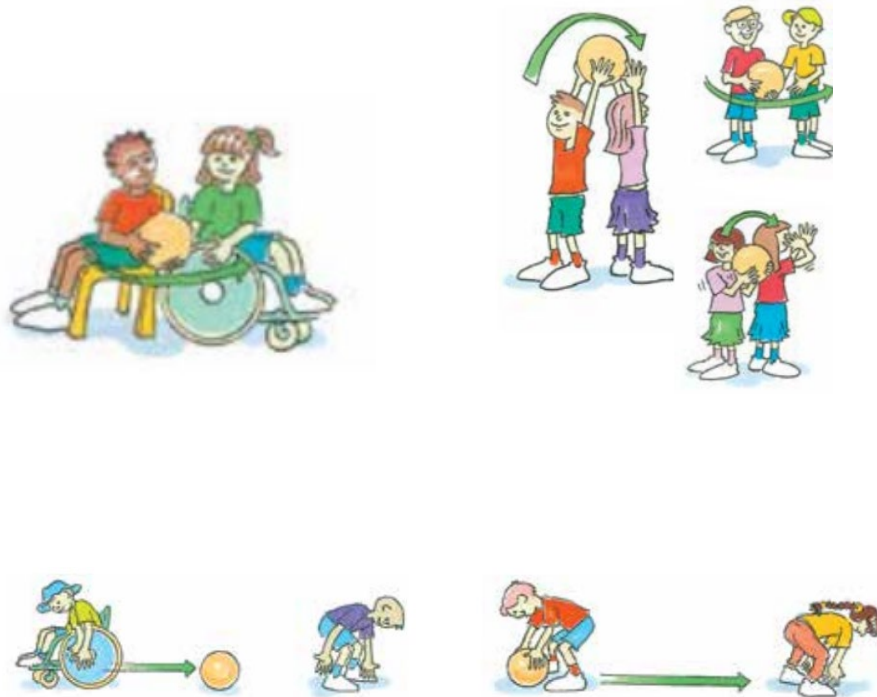
## Back-to-back passing challenge

Time: 10 minutes

### Activity

#### Partner game

- With one ball per pair, players must pass the ball back and forth.
- The ball must change hands completely.
- Explore different passes – make up new ones.
- Set a time period, for example, number of passes in 30 seconds.



### Equipment

- Ball/object to pass such as a basketball, soccer ball, netball, cushion, teddy bear, soft toy.
- Can be played indoors and outside.

### Activity variations

- Change the ball/object size.
- Play in a group and swap partners to see which combination can do the most passes in a set time.
- Try this activity in a swimming pool.
- Move closer together.
- Move further apart.
- Roll the ball between players.
- Change direction clockwise/anti-clockwise.



## Let's throw Activity

### Partner/group

- Players face each other standing behind a line about 4 metres apart.
- Each player has a pile of recycled paper, about 15 to 20 sheets each.
- When the game begins, players scrunch a sheet of paper into a ball and then throw it into the other players' area.
- Only one ball of paper may be thrown at a time.
- Players continue to throw paper for 30 seconds.
- Players can also throw balls of paper back.
- At the end of a set time, the player with the least amount of balls of paper on his/her side wins.
- Repeat the game but re-use the paper balls.
- If more than two people are playing, split into teams.



Time: 10 minutes

### Equipment

- Markers to separate partners/teams.
- Recycled sheets of A4 paper.

### Activity variations

- Vary the distance between players.
- Add a basket to each side - if a paper ball lands in the basket, it stays there and the player gets points.
- Sitting - same game but players must stay seated.
- Backwards - players face away from each other and throw backwards over their heads.
- Between the legs – players throw between the legs (face forward or backward).
- Change the time frame.
- Introduce some coloured paper and each colour could be worth different points.



## Mini golf

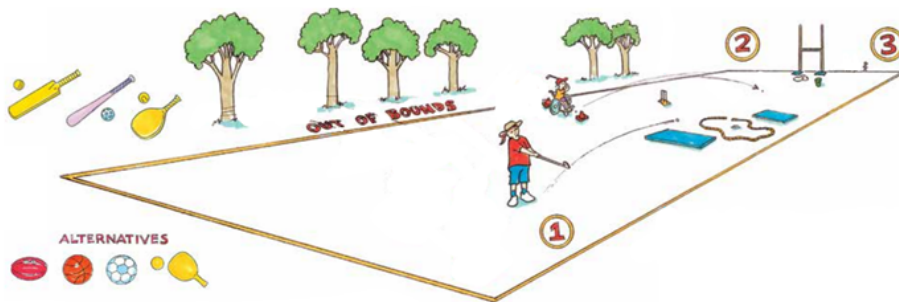
### Activity

#### Individual/partner

- Use your imagination to design a mini golf course.
- The aim is to get the "ball" to the "hole" in the least number of attempts as possible.
- The mini golf course can be played outside or in a small indoor space.
- Vary the way you get the "ball" to the "hole" (kick/throw instead of hitting, flick a coin or roll a marble on a table for small spaces).

### Safety

- Make sure the "holes" are not too close to each other.
- Players waiting to hit must be at least 3 metres from the hitter.



Time: 30 minutes

### Equipment

- Various objects for the golf club e.g. bat, racquet, stick.
- Various objects for "holes", such as:
  - door mat or towel
  - hoola hoop, string or rope
  - buckets, cups, bins or containers.
- Various objects for "balls", such as:
  - tennis ball, rubber handball
  - frisbee
  - soccer ball or football
  - rolled-up socks
  - coins or marbles for indoor use.



### Activity variations

- Add more obstacles to make the course harder.
- If space is restricted, set up shorter "holes" that only require chipping or short game shots.
- Incorporate parts of the natural or built environment outdoors as obstacles at each "hole".



# Week 5 - Package 4 - K - Year 6

## Physical activity - GetActive@Home

### Things your child will need

Have these things available so your child can complete this task.

#### Ideal

##### Kindergarten - Year 2 episodes

- [GetActive@Home Kindergarten - Year 2 episode 4 - Kicking](#)

##### Year 3 - 6 episodes

- [GetActive@Home Years 3 - 6 episode 4 - Kicking](#)

#### Other resources

- [Activity logbook](#)
- [Tracking card](#)
- Specific equipment for each episode is described at the beginning of each lesson video. They are typical items found around the home.

### Back up

The episode guides can be downloaded, printed or viewed online and act as a summary of the activities in each episode.

- [Episode guide Kindergarten - Year 2 episode 4](#)
- [Episode guide Year 3 - 6 episode 4](#)

# Before your child starts

- Make sure your child has everything ready that they will need at the start of the lesson.
- This is explained at the start of each episode or can be found in the episode guides.
- Check that the videos are working and that the volume is turned up for the video lessons. If they cannot access the videos they can follow the activities on the episode guides.
- Make sure your child has suitable shoes on and that the environment is open and free from obstacles (2 big steps in every direction is enough space).
- If your child has already learnt these skills, this will be a good chance to practise and strengthen this learning.

## What your child needs to do

Your child should watch the GetActive@Home videos, which will be released each week, and participate in the activities on the screen. The supporting episode guides are an alternative to the video, and provide an overview of each episode.

In these lessons your child will be learning a range of movement skills in an active way by following along with the presenters. They will learn the important elements that lead to success and will have an opportunity to learn the skills in a sequence. This means the skills will start easy and slowly get harder as the lesson goes on. They will be encouraged to practise these skills through a range of challenges.

## Kindergarten - Year 2 episodes

- [GetActive@Home Kindergarten - Year 2 episode 4 - Kicking](#)

## Year 3 - 6 episodes

- [GetActive@Home Years 3 - 6 episode 4 - Kicking](#)

Check that your child is completing the activity as directed. Check that they are following the key instructions emphasised by the presenter. It is not important that they perform the skills perfectly or that they achieve success in every attempt. You can use the teaching cues from the activity cards to guide them such as “make a nest” to reinforce the main points. You can ask your child the questions from the activity cards such as “what can you

do to make catching easier?”. You might like to join in with the activities too and model the skills as the presenters do.

## What your child can do next

- More episodes are released throughout the week so you can find the next episode at the [GetActive@Home website](#).
- Remember to fill in your activity log book and tracking card to keep your child motivated and monitor their progress of being physically active.
- You may decide to rewatch parts of the episode that your child enjoyed or pause the video as you watch to spend more time practising the activities. This can also continue after the lesson, in other locations such as a local park, if safe to do so.
- Now that your child is familiar with some of the activities, you could use episode guides to practise some of the skills throughout the week.

## Options for your child

### Activity too hard?

- You can slow down the learning by pausing and providing more time to practise.
- You can focus on the key instructions such as ‘make a nest’ or ‘use your laser eyes’.
- Using a bigger ball or object will make most activities easier.

### Activity too easy?

- The lessons progress from easy to harder skills so you can move to the end of the video for the challenging activities.
- Using a smaller object in most activities will increase the difficulty.
- Try using the non-dominant hand or foot.

## Extension/Additional activity

- Set a personal record and then try to beat that record for an activity.
- Access the range of activities on the [GetActive@Home website](#) for ideas of other challenging games.
- Repeat the episode and see they can beat their records from the first attempt.